



### Spa Packages

#### Couple Package

**Romantic Get Away**                    4 hrs.      Baht 8,000  
 Head Massage, Body Wrap, Mineral Floral bath Or Steam,  
 Aromatic Facial, Foot Massage, Healthy Drink & Refreshment.

**CoCo Carada In Love**                3 hrs.      Baht 5,500  
 Steam, Coconut Body Scrub, Aromatherapy Massage, Foot Massage

**Ecstasy Delight**                        4 hrs.      Baht 4,700  
 Body Scrub, Steam, Green Tea Body Mask, Aromatherapy Massage,  
 Aromatic Facial

**Oriental Retreat**                        3 hrs.      Baht 2,350  
 Steam, Oriental Foot Massage, Aromatherapy Massage 90 mins.

**Energizing**                                2.5 hrs.      Baht 3,100  
 Steam, Body Scrub, Aromatherapy Massage, Facial Mask.

**Aromatica**                                2.5 hrs.      Baht 2,800  
 Steam, Aromatherapy Massage, Aromatic Facial.

**Rest & Relax**                            2.5 hrs.      Baht 2,600  
 Steam, Body Scrub, Aromatherapy Massage, Foot Massage.

**Harmony**                                 2.5 hrs.      Baht 2,500  
 Steam, Green Tea Body Mask, Aromatherapy Massage.

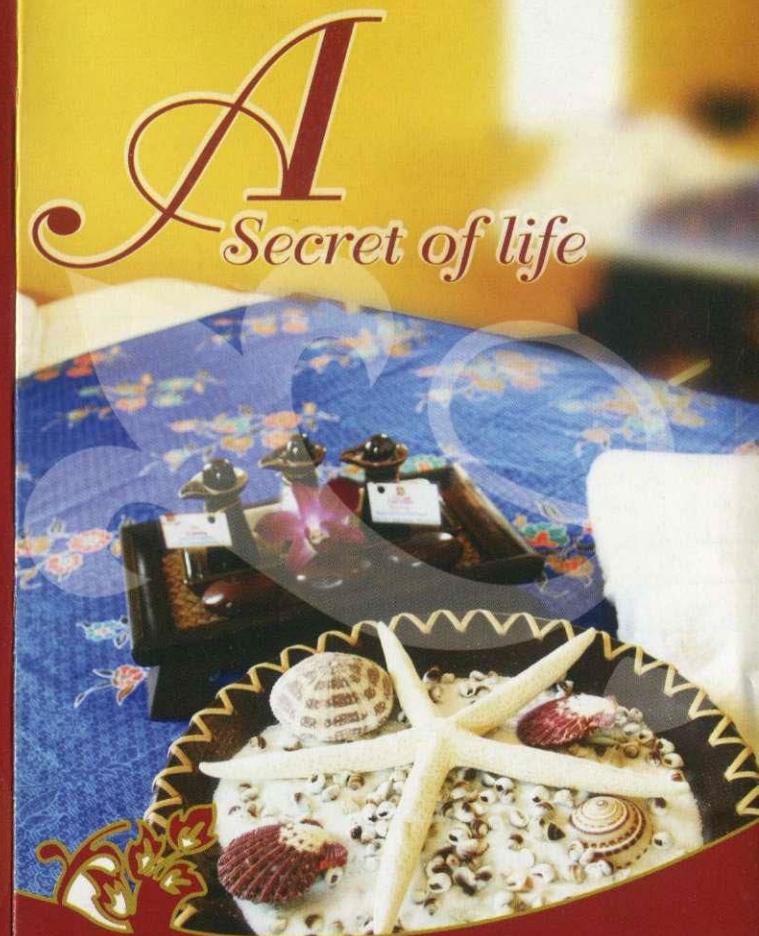
**Additional Services**  
**Pool Side Massage**                    (Available From 13.00 p.m.-05.00 p.m.)  
**Back Massage**                          30 mins.      Baht 450  
**Foot Massage**                          60 mins.      Baht 450  
**Head Massage**                          30 mins.      Baht 450

\*\*All Prices Are Subject To Charge 7 % Government Tax.  
 Prices are subject to change without prior notice.



7 days a week 10.00 am - 08.30 pm

22/1 Moobaan Huadon,  
 Huahin-Takiab Rd., Nongkae,  
 Huahin, Prachuab Kirikhan 77110  
 Tel: (66 32) 527 555 Ext. Amana Spa  
 Fax: (66 32) 512 212  
 E-Mail: info@amanaspa.com



OPEN DAILY 10.00 AM TO 08.30 PM

# Selections of Spa

Amana Spa at Napalai Resort & Spa offers a heaven for guests to rest, relax and rejuvenate. A wide range of traditional and international health and beauty treatments are available, featuring high quality of natural products grown in Thailand.

The name *Amana* refers to the Indonesian word "aman" which mean "save" and "secure" while *Napalai* is an ancient Thai word for the "heavenly blue sky".

Our selection of treatments include a variety of massage styles, herbal wraps and facials, salt scrubs, seaweed wraps, aromatherapy, reflexology and a selection of luxurious fresh water baths.

All treatments are available for individual guests or couples.



## Starter Treatments

**Thai Herbal Steam Refreshing** 30 mins. Baht 500  
Inspired by the healing properties of Thai herbs, this exotic ritual provides nutrition to your body and energizes your soul.

## Splendor of Amana Baths

**Honey & Milky Bath Softening** 30 mins Baht 650  
A luxurious blend of honey and milk to nourish and hydrate.

**Mineral Flower Bath Exotic** 30 mins. Baht 650  
An enchanting combination of local flowers and mineral to increases skin suppleness.

## Amana Spa Massages

**Oriental Thai Massage** 60 mins Baht 650  
Also called "Nuad Borarn", this ancient form of massage unique to Thailand uses deep tissue, pressure point and stretching techniques to reduce stress and relieve achung muscles. Recommended for those who prefer a firm massage.

**Aromatherapy Massage** 60 mins. Baht 1,100  
Relaxing Massage, integrated massage technique are used with your choice of essential oil blends, to leave you feeling balanced and rejuvenated. A definite tonic for jetlag.

**Deep Tissue "Sports" Massage** 60 mins. Baht 1,100  
Traditional Swedish techniques are used to relax tense muscles, increase circulation and induce a state of total relaxation. Designed for those leading a more active lifestyle or for those who prefer a strong massage.

**"Luk Prakob" Hot Compress Therapy** 90 mins Baht 1,650  
The "Luk Prakob" has been used for relief of pain and inflammation. Following with oil massage, a selection of therapeutic herbs including prai, ginger and turmeric wrapped in a muslin compress, steamed and then applied to the body. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

**Head Massage** 30 mins. Baht 650  
A soft or firm massage to relieve stress-related tension in the head and neck area. Gentle acupressure is applied to restore a sense of serenity to your day.

**Back Revival** 30 mins. Baht 650  
A soft or firm massage to relieve stress-related tension in the neck and shoulder area. Gentle acupressure is applied to restore a sense of serenity to your day.

**Foot Relief** 60 mins. Baht 650  
This specialized foot massage assist in the relief of stress and tension. Helps to improve circulation, and fosters a restoration of body's natural state of equilibrium.

## Amana Spa Treatment

**Body Scrub;** 50 mins. Baht 1,050  
(Choices of Lime & Ginger Salt Scrub, Tamarind scrub, Coconut And Thai Coffe Serrub)  
The gentle cleansing treatment, Exfoliation is an optimal treatment that accelerates the natural skin cell renewal process, stimulates the blood circulation through the lymphatic system. Your skin will look and feel positively radiant. If performed on a regular basis, exfoliation can be highly effective in treatment of and ensures soft, smooth skin.

**Body Mask** 60 mins. Baht 1,450  
**Purifying**

This deeply cleansing body treatment will detoxify and stimulate the body to generate new skin cell. Smooth and beautifully skin.

**Aloe Vela Body Wrap** 60 mins Baht 1,450  
**Skin soothing**

Especially design in the treatment of burns. Combining of natural aloe-vera gel followed by a cooling compress of lavender will reduce redness and irritation and calm the skin.

## Facials

**Aromatic Facial** 60 mins Baht 1,650  
**Type of skin : Normal Skin**

This deluxe facial offer cleansing,exfoliation and revitalizing mask for both men and women. This combination also helps to tighten fine lines. withdraw toxins and create a beautiful brightness to one's face.

**Nourishing Facial** 60 mins Baht 1,650  
**Type of skin : Dry skin**

A nourishing blend of young rice milk and cooling aloe vera seals the facial as a mask, to encourage moisture and restore a natural balance. This luxurious treatment leaves you feeling rejuvenated and uplifted.

**Asian Soother Facial** 60 mins Baht 1,650  
**Type of skin : Oily Skin**

Thai tamarind helps to clear oily skin and repair scar tissue. A facial mask consists of thai herbal and yoghurt work together to moisturize and smooth skin. This facial promotes vitality and strengthens cell regeneration. Purify your skin, while pleasant scents soothe your mind and face.

**Sun-lovers Facial** 60 mins. Baht 1,650  
**Type of skin : Sensitive skin**

Love the outdoors? Your skin would love to be hydrated after a long day out in the elements of nature. A facial mask consists of Aloe Vera, designed to put back what nature has taken out from your skin. Return the cool moisture to your skin, sense the calming effect on your skin once again.

## Additional Services

### In-Room Massage

(Available 10:00a.m.-10:00p.m.)

(Royal Thai Massage, Aromatherapy Massage, Foot Relief )

100 Baht surcharge.

### Home Massage Delivery

(Condition: Up to area, Available 10:00 a.m.-10.00 p.m.)

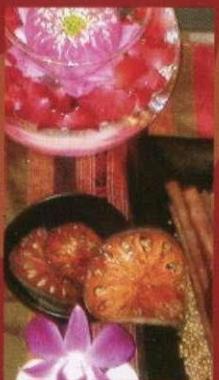
(Royal Thai Massage, Aromatherapy Massage, Foot Relief )

200 Baht surcharge.

### Pool Side Massage

(Available 10:00a.m.- 05:00p.m.)

Royal Thai Massage	60 minutes	Baht 400
Aromatherapy Massage	60 minutes	Baht 600
Foot Relief	60 minutes	Baht 375
Back Massage with Oil	30 minutes	Baht 375



## Spa Packages

<b>Healing</b>	<b>2.5 hours</b>	<b>Baht 950</b>
Steam & Foot Relief & Royal Thai Massage		
<b>Sweet Bliss</b>	<b>2.5 hours</b>	<b>Baht 1,900</b>
Steam & Choices of Body Scrub & Aromatherapy Massage		
<b>Aromatic</b>	<b>2.5 hours</b>	<b>Baht 2,100</b>
Steam & Aromatherapy Massage & Aromatherapy Facial		
<b>Spirit of Amana</b>	<b>3.0 hours</b>	<b>Baht 2,900</b>
Steam & Body Scrub & Aromatherapy Massage & Aromatherapy Facial		
<b>Amana Experience</b>	<b>4.0 hours</b>	<b>Baht 3,900</b>
Steam & Body Scrub & Body Wrap & Aromatherapy Massage & Aromatherapy Facial		

### Couple Package (Price for 2 Persons)

<b>Romantic Get Away</b>	<b>3.5 hours</b>	<b>Baht 6,400</b>
Steam & Back Massage & Body Wrap with Chocolate 2 in 1 & Mineral Bath & Aromatherapy Facial		

## AMANA MAP



### Amana Spa Opening Hour

7 days a week 10:00 am.-10:00 pm.  
For Reservation Tel: (66 32) 530 422  
(66 32) 530 423 Ext: Amana Spa  
Fax: (66 32) 530 419  
E-Mail: info@amanaspa.com  
Address: Tanawit Plaza  
64/1 Amnuaysin Rd., Hua-Hin  
Prachuabkhirikhan, 77110 Thailand  
[www.amanaspa.com](http://www.amanaspa.com)

*The Easiest Way  
To Find the Balance*

**Amana spa**

@ Tanawit Plaza

Operating Hour:  
10:00 am.-10:00 pm. Daily.

# Welcome

As you step into the luxurious spa, let your stress and strain fade away. Your total relaxation is our aim. Rest, Relax, Recharge & Rejuvenate at **Amana spa**. Gentle Thai music soothes you as skilled hands massage you and the fragrance of specially blended oils, herbs and spices fill the air. Your body and mind will immediately relax in anticipation of the exotic experience that awaits you.

Step into the soothing confines of our spa. Allow our therapists to relieve and delight your senses with a tantalizing range of spa sanctuary in our bustling city.

Please be sure to arrive at Amana Spa 15 minutes prior to your treatment time.

Romantic, indulgent, exclusive and private – your spa experience awaits you...Enjoy!



## Starter Treatments

### Thai Herbal Steam

Thai complement your treatment, we recommend starting with a relaxing herbal steam. Based on an ancient recipe composing of 9 difference types of Thai Herbs.

Allow 30 minutes in steam room (per person) Baht 300

### Mineral Blooming Bath

A mineral rich moisturizing extract offering benefit of the sea in the spa ambience. Increases skin suppleness, smoothness & radiance

Allow 30 minutes (per person) Baht 350

## Body Massages

### Royal Thai Massage

This ancient form of massage unique to Thailand uses deep tissue, pressure point and stretching techniques to reduce stress and relieve aching muscles. Recommended for those who prefer a firm massage.

Allow 60 minutes for full-body Baht 450

### Aromatherapy Massage

Relaxing Massage, integrated massage techniques are used with your choice of essential oil blends, to leave you feeling balanced and rejuvenated. A definite tonic for jetlag.

Allow 60 minutes for full-body Baht 900

### Deep Tissue "Sports" Massage

Traditional Swedish techniques are used to relax tense muscles, increase circulation and induce a state of total relaxation. Designed for those leading a more active lifestyle or for those who prefer a strong massage.

Allow 60 minutes for full-body Baht 900

### Back Massage with Oil

A soft or firm massage to relieve stress-related tension in the neck and shoulder area. Gentle acupressure is applied to restore a sense of serenity to your day.

Allow 30 minutes for back & shoulder Baht 400

### Foot Relief

This specialized foot massage assists in the relief of stress and tension, helps to improve circulation, and fosters a restoration of the body's natural state of equilibrium.

Allow 60 minutes for half-leg Baht 400

## Pro-Active Treatment Program

### Anti-Cellulite Massage Program

A fat burning slimming cream with a high penetration capability that releases heat allows the draining of fatty tissues and promotes the elimination of toxin. This focuses on fat areas by draining massage with professional therapist and Anti-Cellulite cream to improve circulation and improves the appearance of orange peel skin.

Allow 60 minutes per area Baht 1,500 per area

Area : Stomach or Back & Arms or Legs or Hip

Suggestion : 5 times a week in 1st week

Course : Baht 6,200 / 5 times per area

## Body Treatments

### Body Scrub (Salt, Thai coffee, Apricot, Green Tea)

A gentle cleansing treatment using Thai herbs to exfoliate and moisturize the skin. Your skin will look and feel positively radiant.

Allow 45 minutes for full-body

Baht 900

### Body Wrap

Relaxing treatment begins with back massage. "Black Mud" is applied to the body. The active ingredients are rich in regenerating and restructuring components, which can improve elasticity and firmness of the epidermal tissues.

Allow 60 minutes for full-body

Baht 1,200

## Facial Treatment

### Aromatherapy Facial

Our deluxe facial offers cleansing, exfoliation and revitalizing mask for both men and women. This treatment is guaranteed to balance, relax and restore a healthy glow to your skin.

Allow 60 minutes for all skin types

Baht 1,300

### Whitening Facial

This treatment soothes the skin with its moisturizing ingredients, helps the slow release of moisture and enhances the whitening effect. The skin become supple, softer, brighter and healthier.

Allow 60 minutes for all skin types

Baht 1,300



All prices are subjected to change without prior notice.